



HELEN HIRSH SPENCE

Speaker, writer, and age provocateur, Helen Hirsh Spence explains why we must confront ageism and reframe the aging narrative to live longer, healthier, and more purposeful lives.

- Keynote speaker
- Panelist
- Virtual presentations
- Seminars
- Workshops
- Breakout Sessions

Contact Helen Hirsh Spence to discuss your event and topic. She is happy to customize content to suit your needs and interests.

EMAIL:

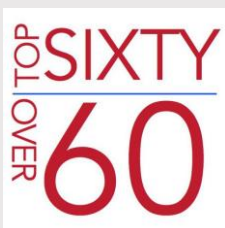
helen@topsixtyoversixty.com

WEBSITE:

topsixtyoversixty.com

PHONE:

613-864-2220



KEYNOTES AND OTHER POPULAR TOPICS

Helen Hirsh Spence delivers age-related presentations on a range of topics designed to inspire both young and older audiences. Audiences and industries from various sectors benefit from her talks.

BUSINESSES AND/OR INDIVIDUALS

Resetting Old: Reframing the conversation

Explore what it means to age in the 21st century. Opportunities for businesses and individuals are unlimited when ageing is viewed as momentum not failure.

Longevity Literacy is a 21st-century MUST-HAVE

Longevity, or living longer, means we need to design a whole new map of life, yet most of us are stuck in the 20th-century paradigm where life supposedly tapers off at the retirement age of 65.

Age Bias: In ourselves, others, policies, and institutions

This wake-up call presentation identifies what ageism looks, sounds, and feels like. Helen's talk debunks common myths about ageing and leaves audiences aware and uplifted.

The Benefits of Age and Our Older Brains

Our brains change, but cognitive decline is not the norm. Helen walks through compelling research to illustrate how a longevity mindset helps us take charge of how we age and become happier and more fulfilled.

BUSINESSES, ORGANIZATIONS, FOR-PROFITS, NOT-FOR-PROFITS AND BOARDS OF DIRECTORS

Age is a Strategic Imperative

Populations are becoming older. Fertility rates are declining. How will organizations fill their talent pipelines if they don't acknowledge and take advantage of what older adults have to offer?

Intergenerational Power

Segregation based on age permeates our society and workplaces and undermines our work communities and our productivity. Break down age silos, adjust attitudes and spot opportunities to build better organizational cultures.

Popular Topics Continued...

...More Popular Topics

Reaching personal and professional potential is a lifelong journey

Understand lifelong learning at work. Learn how to help older employees maximize their potential by making professional development available for all employees.

The Future Of Work Includes Older Workers

Multigenerational workforces are the new norm. "Ageing Out" will no longer be the employee path for strategic businesses. From technology to experience, Helen addresses the reasons that our ageing workforce won't disappear with Boomers.

Longevity Strategies for the 21st Century Workforce

Helen provides a context for this century's new ageing realities. Emerging demographic trends have huge implications for employers and leaders. Age diversity improves productivity, innovation and the bottom line.